



The Journal

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March 29, 2018

Project SERVE: Auburn Nursing Students Learn at Walter Reed Bethesda

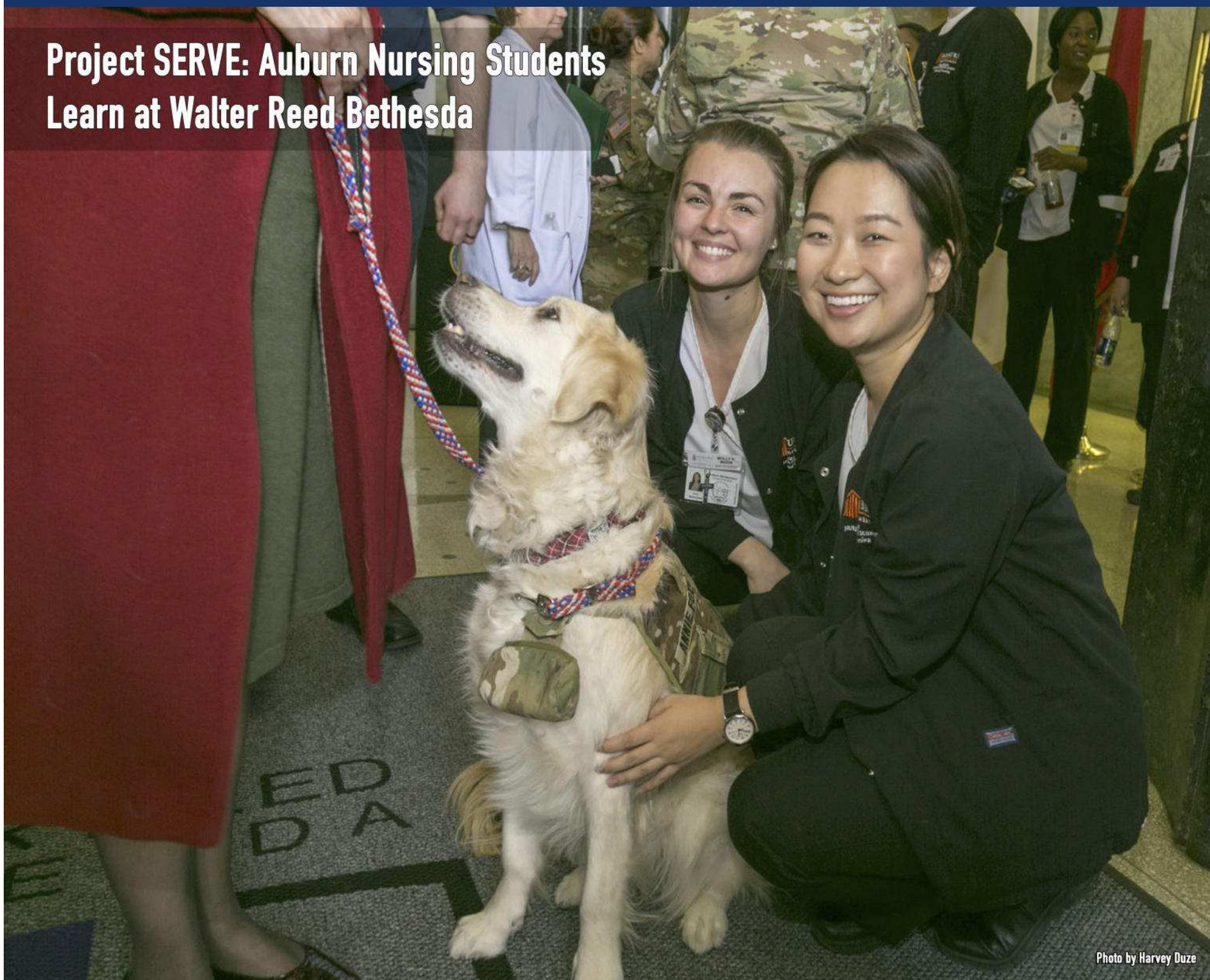
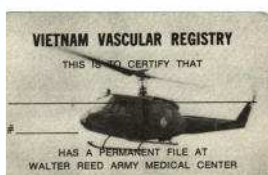


Photo by Harvey Duze



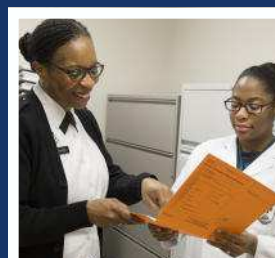
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A Little More Content — A Little Less Frequently

By Jeremy K. Brooks
NSAB Public Affairs

It’s a privilege for the public affairs team at Naval Support Activity Bethesda to bring you information each week about the great things going on all around us every day.

With recent downward trends in how people use certain newspapers, however, our publishing team has made the decision to focus on publishing less frequently – while increasing the amount of content we include in each issue.

For the last couple of years, we’ve continuously looked at how you read and use this newspaper, and we’re always looking to improve the product.

Last year, we added a weekly MWR calendar.

We changed the locations where the paper is delivered.

We changed the cover of the newspaper from stories to photos.

We put more photos in the paper.

Now, we’re beefing up the size the paper, and cutting down on how frequently we change it out. Beginning with our April 5th issue, The Journal will become a bi-weekly publication.

Things may change again.

People are increasingly looking to the internet, TV and radio for their regular news.

All of the articles you read in this paper are also available online. There may be a time when that’s the only way we publish articles.

Today, however, we’re still counting on the idea that when you’re passing the time waiting for your group PT, or your doctor’s appointment, or just browsing at lunch... you’ll pick up a copy of The Journal and check out the great things happening all over NSA Bethesda.

And since you’re reading this now, wherever or however that might be, I just want to say, “Thanks.”

We’re grateful for your time and your attention.

We look forward to telling more stories about the fantastic people here.

Bethesda Notebook

Parking changes

In an effort to better serve staff, Naval Support Activity Bethesda has designated a new parking system. Carpool parking is now located in garages 54, 17 and 32. On April 1, NSAB will also implement a new rainbow parking plan which allows any color parking permit to park in garages 17, 32, 54, 57, 71 and Lot Z. Rainbow parking hours will be in effect from 5 a.m. to 2 p.m. Monday through Friday. For more information, contact your command parking champion.

Donate Life Month

April is National Donate Life Month and in observance there will be a celebration of Walter Reed Bethesda kidney transplant recipients and donors April 4 from 10 a.m. to 1 p.m. in the America Building (19) main lobby. Information will be available regarding organ donation at the event.

National Healthcare Decisions Day

Walter Reed Bethesda observes National Healthcare Decisions Day April 17. A table will be set up in the America Building (19) lobby from 8 a.m. to noon to provide information regarding wills, medical powers of attorney, advanced medical directives and more. In addition, there will be classes at 8, 9:30, 11 a.m. and 2 p.m. on April 17 to discuss those topics. For more information or to sign up for a class, call 301-319-4447, or email amy.r.oconnor.civ@mail.mil.

Cooking with Spices

Walter Reed Bethesda registered dietitian Asha Jain presents and demonstrates “Cooking with Spices” the second Wednesday of each month from 2 to 3 p.m. in Café 8901 on the lower level of Building 9. Everyone is invited to attend the presentations.

Excavation Blasting

Excavation blasting for the MD 355 Crossing project, managed by Montgomery County, will take place for the next several months. During that period, three to five times per week, there will be a single controlled explosive blast. Alarm horns will sound five minutes before the blast. It is anticipated that a minimal vibration will be felt, and alarm horns will be heard only by people in the immediate vicinity. People with questions can email dha.bethesda.wrnmmc.list.commuinications-team@mail.mil, or call 301-400-1934.

Fleet, Family Support Center

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC’s workshops and seminars include job search strategies for military spouses, federal resume writing, time management, credit management, consumer financial awareness, interview skills, pre-deployment briefings, return and reunion briefings, and more. For more information, call 301-319-4087, or visit FFSC in Building 11, first floor.

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Naval Support Activity Bethesda

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USU's Vietnam Vascular Registry Helps Combat Veteran Reunite With Doctors Who Saved Him

By Sarah Marshall
USU External Affairs

Five decades after being shot in Vietnam and almost losing his leg, former Army specialist John Fogle will make good on a promise he made to the surgeons at the 22nd Surgical Hospital in Vietnam who saved his life.

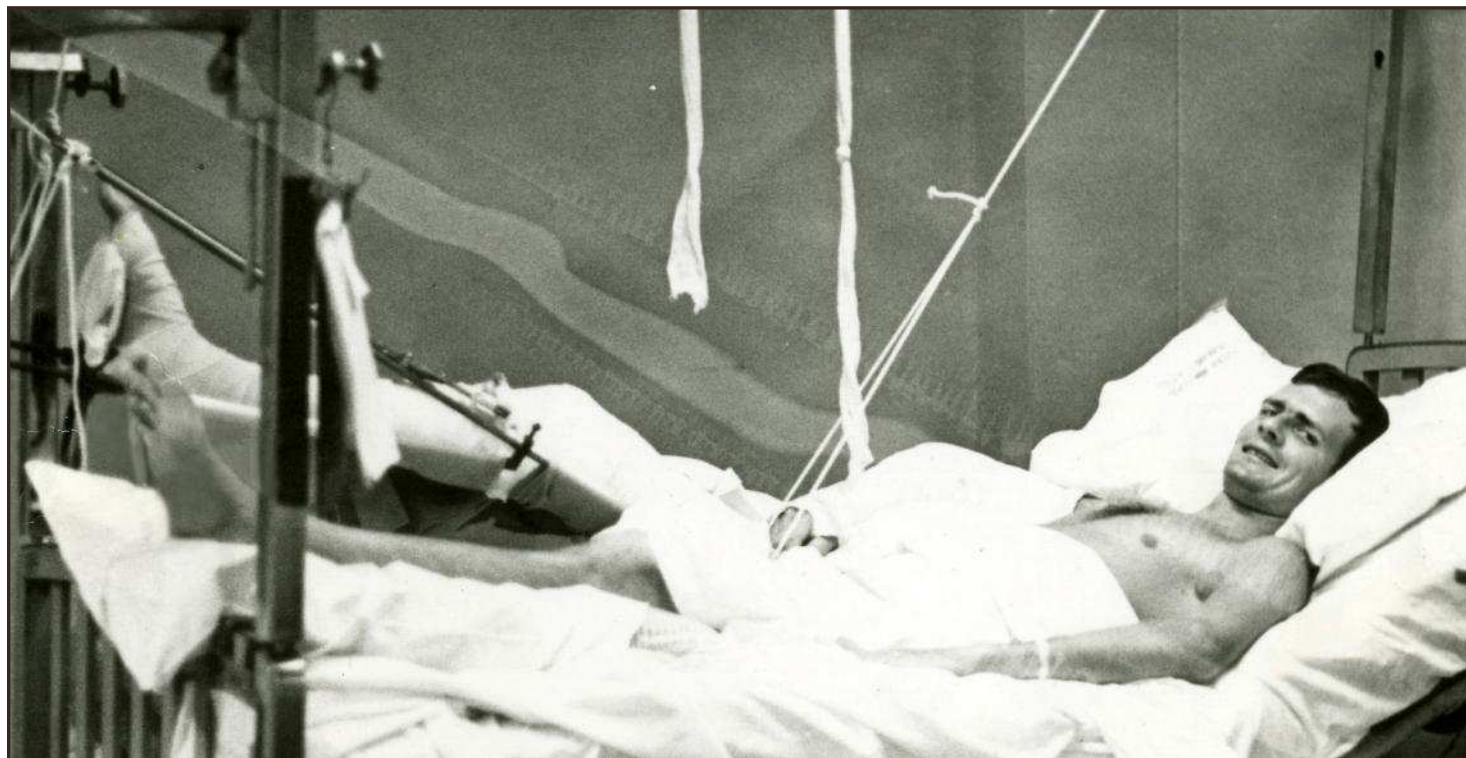
Before he was transported to a general hospital in Japan, Fogle told his surgeons he would drop them a line and let them know how he was doing. He never did write, but instead, in May he will fulfill his promise of reconnecting — in person.

Fogle was injured in combat July 25, 1969. Although over time he forgot their names, he never forgot the doctors who saved him and when he learned of a reunion planned for the surviving members of the 22nd Surgical Hospital staff, Fogle decided to track them down in hopes of inviting them to the event.

One of his first stops in his search was the Vietnam Vascular Registry, developed by Dr. Norman Rich, chair emeritus of the Uniformed Services University of the Health Sciences Department of Surgery.

Vietnam Vascular Registry Card with a photo of a helicopter and a line to write a name. In 1966, the Vietnam Vascular Registry was developed by Rich at the Walter Reed General Hospital based on cases he had seen while serving in Vietnam along with hundreds of other cases added by colleagues. The registry documented and analyzed blood vessel injuries in Vietnam, resulting in documentation of more than 10,000 injuries from about 7,500 American casualties in Southeast Asia. Each patient entered into the registry was assigned a consecutive number and given a vascular registry card stating the registry's purpose. Rich has continued to maintain the registry for more than 50 years. If stretched out completely, the entire registry itself would be about 114 linear feet, noted Rich. In 2016, the registry was digitized by the Office of the Secretary of Defense, making it now much easier to search and find records from vascular patients seen during Vietnam. The originals were sent to the National Archives and Records Center in St. Louis.

Each patient entered into the Vietnam Vascular Registry was assigned a consecutive number and given a vascular registry card, stating the registry's purpose. (Image credit: courtesy of Dr. Norm Rich) Fogle had held onto his registry card, sent by Rich



COURTESY OF JOHN FOGLE

John Fogle in recovery at the 249th Hospital in Japan, in 1969, after being shot three times by enemy fire in Vietnam.

from the Vietnam Vascular Registry, for more than 50 years. Once he connected with Rich, he was able to reference his assigned registry card number, making it relatively easy for Rich to access his medical records from the 22nd Surgical Hospital. The records provided the names of his doctors, among them Dr. Monroe Levine, who assisted in the surgery on his right leg and arm.

Fogle has foggy memories of the day he was injured, so over the years it was hard for him to remember the names of those doctors who first operated on him in the 22nd Surgical Hospital. However, he will never forget being shot while flying in an observation helicopter. He was on the lookout for signs of enemy activity, as the crew chief, and as they flew over a canyon, they surprised the Viet Cong, who began firing at their helicopter. Fogle was shot three times down his right side, leaving him with a severed femoral artery and a compound fracture in his femur. He remained conscious, though, and continued firing back to suppress the enemy's fire and protect his crew — which included the pilot who sat just two feet away. They were able to get out of there quickly and landed safely, arriving at the 22nd Surgical Hospital which was only 12 miles away. Fogle's actions later earned him an Air Medal.

About just 10 minutes after he had been shot, Fogle was being pulled into the 22nd surgical hospital, which he recalls had four fully-equipped operating rooms, totally air conditioned. The unit's mission was to help stabilize

the wounded before transporting them to the 249th General Hospital at Camp Drake in Japan.

"They performed miracles in there," he said. At the time, he said, his leg was a big "question mark." Surgeons in that unit prepared him for transport to Japan, and told him he "wasn't out of the woods just yet." He made it to the

general hospital, where he underwent more surgeries. His recovery, over the years, was smooth and he has not had any other major issues.

"I was very fortunate," Fogle added. "I could've easily lost my leg."

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**- NSA BETHESDA -
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PHOTO BY HARVEY DUZE

Auburn Montgomery University nursing students meet canine Army Capt. Annie Fox during the canine's promotion ceremony March 13 in the rotunda of the historic Tower at Walter Reed National Military Medical Center.



PHOTO BY BERNARD S. LITTLE

Manny Santiago (right), trauma/acute care surgery clinical nurse specialist, instructs an Auburn Montgomery University nursing student how to properly apply a tourniquet during Stop the Bleed training March 12 as part of Project SERVE at Walter Reed Bethesda.

Project SERVE: Auburn Nursing Students Learn at Walter Reed Bethesda

By Bernard S. Little
WRNMMC Command Communications

Joshua Crumbley, a senior nursing student at Auburn University Montgomery, gets a little emotional when discussing why he's pursuing a nursing career, as well as his participation in Project SERVE (Student's Education Related to the Veteran Experience).

Project SERVES offers nursing students an educational experience providing them with skills requisite to manage the unique needs of military members, veterans and their families. Students in the program spent March 12-14 at Walter Reed National Military Medical Center as part of their health-care training.

Crumbley explained that in 2011, he was able to participate in an American Red Cross program allowing him to work with inpatients and outpatients in physical therapy at WRNMMC. "I saw things that changed my life," he said, adding "the determination and drive" of wounded warriors in their efforts to heal, was inspiring and left an indelible mark on him.

In addition, Crumbley shared that his dad, retired Navy Cmdr. David Crumbley, worked in the Complex Wound and Limb Salvage Program



PHOTO BY BERNARD S. LITTLE

From left, Navy Lt. Cmdr. Teresa Dent, Army Maj. Veronica Familia, and Air Force Maj. Kerrie Sanders discuss their deployed combat experiences with the Auburn nursing students at Walter Reed National Military Medical Center March 13 as part of the students' training in the program Project SERVE, designed to provide the students with skills requisite to manage the unique needs of military members, veterans and their families.

at WRNMMC. "He saw a lot of service members with wounds that weighed heavily on him and everyone who worked here at that time. My dad started Project SERVE to give civilian students the experience that I have had [at WRNMMC] and hopefully, that they would take something from this out into the civilian world so that they would be

better able to help our veterans.

"I felt that I was led to work with the [military] population and try to make an impact, or to at least to try and give back to these veterans the way that they have given us so much and allowed so many freedoms to exist in our lives," Crumbley continued.

The nursing student added that what he and his colleagues saw and

learned at WRNMMC is unique and goes beyond the textbook curriculum. "Seeing some of the veterans here who have had the technologies available now to assist them [in their healing] is by far the greatest experience I have had. I was in tears the other day because I was able to see what seven years had done for a patient who had lost two limbs, and how [technology and world-class care] had created a whole new life for him," Crumbley added.

WRNMMC, Auburn University and Auburn University Montgomery launched Project SERVE in 2014, and since then nursing students from the universities have annually spent a week at WRNMMC and in the National Capital Region learning to care for beneficiaries of the Military Health System.

Along with nine other nursing students from Auburn, Crumbley saw first-hand care at WRNMMC during their week here. In addition, the nursing students received training in the Stop the Bleed course, and heard first-persons accounts from service members who cared for "friendlies and hostiles" while deployed in combat zones. The training for the Auburn students while they were at WRNMMC also included briefings in the care of patients with amputations,

as well as instruction in mental health care, trauma simulation, traumatic brain injury, suicide awareness and prevention, and multi-disciplinary team rehabilitation.

Navy Capt. Valerie Morrison, WRNMMC's director of nursing services, welcomed the Auburn nursing students to the medical center March 12, discussing with them the rewards and challenges of the nursing profession. She emphasized that wounded warriors don't want sympathy, but the tools and encouragement to help them heal. "They choose to be in the military. They choose to defend our country, and they don't want that lessened at all for what they have sacrificed. They and their families are amazing."

The WRNMMC chief nurse added that while those in the nursing profession will be in demand, it is important that nurses take care of themselves, allow themselves to be human, have positive coping strategies, build resiliency, and practice self-care (good nutrition, exercise, outside hobbies, healthy relationships and rest).

Manny Santiago, trauma/acute care surgery clinical nurse specialist, conducted the Stop the Bleed training for the nursing students, explaining to them that uncontrolled bleeding is the number one cause of preventable death from trauma. In addition, he explained that the greater the number of people who know how to control the



PHOTO BY BERNARD S. LITTLE

Navy Capt. Valerie Morrison (right), director of nursing services at Walter Reed National Military Medical Center, welcomes Auburn Montgomery University nursing students to WRNMMC for their training in Project SERVE March 12.

bleeding of an injured patient, the greater the chances the patient has of surviving. He stressed the importance of a tourniquet to stopping the bleed, crediting it with saving numerous lives on the battlefield in recent years.

Navy Lt. Cmdr. Teresa Dent, Army Maj. Kerrie Sanders, Army Maj. Manuel Galaviz, Army Maj. Kedrick Drakes and Army Lt. Col. Jacqueline Clements discussed their deployed combat experiences with the Auburn nursing students. The military officers stressed that from their deployment experiences they have gained a greater

appreciation for a number of things, most importantly, "life in general," Familia said. Sanders added that her deployment created an increased sense of awareness, and Galaviz

See **SERVE**
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Nafarrete Leads ‘Change the Culture’ Training

Photos by MC3 Julio Martinez Martinez
NSAB Public Affairs

Capt. Romuel Nafarrete, Pacific Fleet’s (PACFLT’s) Sexual Assault Prevention Response Officer, lead “Change the Culture” training at Walter Reed National Military Medical Center March 26. “Change the Culture” is PACFLT’s approach to destructive behavior prevention. The primary prevention program supports the Navy in maintaining a resilient workforce by eliminating destructive behaviors and promoting positive behaviors.



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NSAB Set to Observe Month of the Military Child

By Andrew Damstedt
The Journal

Naval Support Activity Bethesda (NSAB) is set to observe April as the Month of the Military Child to recognize the personal sacrifices and contributions of military children.

NSAB School Liaison Officer Chanel Sharp said the Month of the Military Child is to put the child's needs at the forefront.

"We see you, we hear you and you've made just as much a sacrifice to be a part of a military family," she said.

Different events and resources will be highlighted throughout the month, including a poetry competition, "Purple Up!" April 13 from 7:30 a.m. to 11:30 a.m. at the Warrior Café. That morning, the café plans to sell purple-themed food to go along

"We see you, we hear you and you've made just as much a sacrifice to be a part of a military family," Sharp said.

with the color selected to build awareness of the month of Military Child because it's the color that represents all branches of the military.

Sharp said parents will have three minutes to write a poem about their child for a chance to win prizes. The poems should be between 20 to 150 words. People who can't make it to the Warrior Café to enter the contest can enter the online version during the same hours. To submit for the online version, PurpleUpPoem@gmail.com.

Sharp will be at Morale Welfare and Recreation's Spring Fling April 14 to promote resources to help children.

"Military children experience stressors like everyone else," Sharp said. "They might cope faster but they still need support in the community."

And look for two articles in the April editions of The Journal where Sharp will focus on 1) Why friends are important for children and 2) Different ways to motivate children.

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School Resources for Military Families

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militaryscholar.org

Free SAT/ACT Power Prep:

www.eknowledge.com/military

Free Online Tutor:

www.tutor.com/military

Department of Defense Education Activity:

www.dodea.edu

Military One Source Special Needs:

www.militaryonesource.mil/web/mos/special-needs

Military Child Education Coalition:

www.militarychild.org

School Quest:

www.schoolquest.org

Interstate Compact for the Education of Military Children:

www.mic3.net

Military Kids Connect:

www.militarykidsconnect.org

Lessons Learned — An Army Nurse’s Perspective

By Mark Oswell
WRNMMC Command Communications

In 1989, Joy Napper graduated from the University of Pittsburgh and joined the U.S. Army. After 28 years of service, now Army Col. Joy Napper will formally retire on May 1, 2018.

During her nearly three decades of service, she has had eight duty assignments spanning from San Antonio, Texas to Fort Campbell, Kentucky – and two deployments overseas to South Korea and Iraq. More recently, Napper brought her experience to Walter Reed National Military Medical Center where she now serves as deputy director for quality. Prior to this assignment, she served as the hospital’s department chief of Hospital Education and Training, as well as the deputy director for nursing at WRNMMC.

While serving in the latter role, Napper helped forge WRNMMC’s relationship with Auburn University student nursing program, Project SERVE, which she describes as one of her most rewarding experience as an Army nurse. The program is designed to provide nursing students an educational experience to give them the skills to manage the unique needs of military members, veterans and their families.

“They were able to witness our care and compassion for our wounded warrior population, and the talks with the Soldiers, Sailors and family members were priceless,” explained Napper, who hails from Rochester, Pennsylvania. “I will always cherish this lasting partnership, and I am grateful to have been a part of the first meeting to its implementation,” she said about the Project SERVE initiative.

Napper explained the greatest challenge she faced during her years in uniform was leading and motivating personnel during an 11-month deployment to Iraq. The deployment included 12-hour daily shifts and multiple days of 99-degree nights.



PHOTO BY RICARDO REYES

Army Col. Joy Napper, deputy director for quality at Walter Reed National Military Medical Center who also served as the hospital’s department chief of Hospital Education and Training and deputy director for nursing services, encourages junior leaders to work side by side with their staff, as well as to take on tough assignments for growth and learning.

“We were the ‘Burn Center’ for the entire region, Napper added. “We had numerous patients with penetrating and blunt trauma, but the majority of our patients suffered from second- and third-degree burns related to IED blasts and other explosives.”

“You have to look for opportunities to encourage personnel when people are just tired,” Napper said.

After retiring, Napper plans to continue her educational goals by earning a Doctorate in Nursing Practice from the University of Maryland, and then work in the Baltimore area before eventually moving to North Carolina.

Reminiscing on her Army career, Napper said, “I will miss the collegial environment between all disciplines. Walter Reed Bethesda has been my family away from home for the entire six years of this assignment. I have so many friends from ‘Walter Reed Classic,’ as well as new treasured friends at Bethesda,” she stated.



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Col. Napper’s Five Bits of Advice for Junior Nurses

- Credibility:** Work side by side with your staff your first day of leadership. You will gain more credibility with your staff than you know.
- Listening:** There are always two sides to every story. Before you make a judgement make sure you gather all the facts.
- Speak-Up:** Do not be afraid to let yourself be seen. It is in our vulnerability when we demonstrate our true strength to our staff and co-workers.
- Challenge Yourself:** Be willing to take on the jobs that no one else wants. It is usually in the tough assignments where we grow the most and gather lessons learned for future challenges.
- Family First:** Remember you have a life after the military so maintain your work life balance. When all is said and done, you and the time you spend with your family mean more to them than your title and the uniform you wear.

VETERAN

From
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He added that many surgeries were performed at the 22nd Surgical Hospital, over a long period of time, so it would have been hard for the doctors to remember each patient. In looking through his records obtained through the registry, Fogle said he learned that Dr. Levine had seen four other patients that same day. "That's why these notes [in my records] are so important," Fogle said.

After learning Levine's full name, it didn't take long for Fogle to find that the doctor is still practicing medicine in Colorado. The two connected over the phone, and are now looking forward to meeting again, after all these years, at the reunion, which will take place in Florida. Fogle sent his records to Levine to look through, hoping to help jog his

memory before they meet in May.

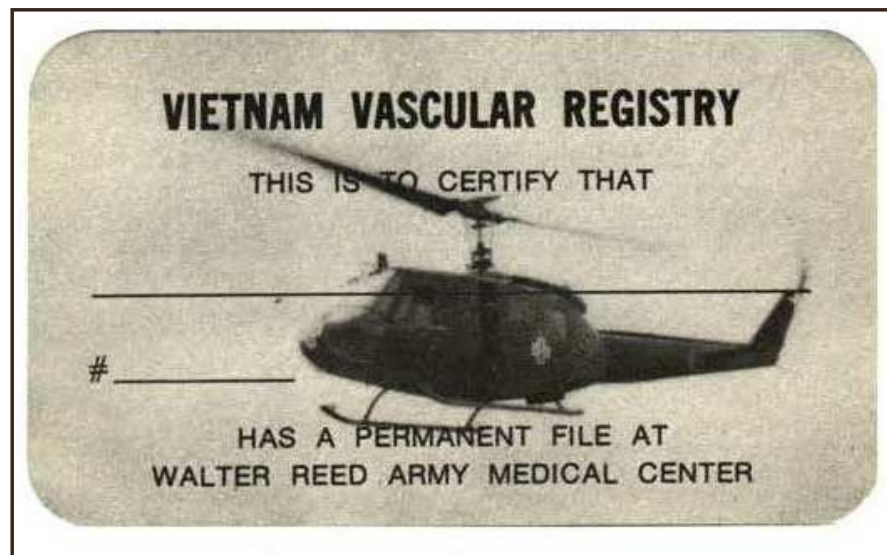
At the end of the day, Fogle considers himself very lucky. After getting out of the military, he's really only had to limit himself to certain sports and activities because he did suffer muscle loss, which throws off his balance to this day. He was able to go back to school, after the military, and became an electrical engineer. A few years ago, he retired from a fulfilling, 38-year career.

Had it not been for the work of Dr. Levine, as well as the others in that unit and throughout his care, he might not be where he is today.

"I'm looking forward to meeting him again in person," Fogle said.

Rich was pleased to hear Fogle reconnected with one of the surgeons who saved his leg.

"This is what makes it valuable," Rich said, referring to the extensive Vietnam Vascular Registry. "It is really reassuring that what we were doing has merit."



COURTESY OF DR. NORM RICH

The Vietnam Vascular Registry, developed by Dr. Norman Rich at the general Walter Reed General Hospital, documented and analyzed blood vessel injuries in Vietnam. Each patient entered into the registry was assigned a consecutive number and given a vascular registry card, like this one.

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Morale Welfare & Recreation (MWR)

| | | |
|------|------------|--|
| 4/6 | 11 am-2 pm | Warrior Café International Lunch: India, Bldg. 62 |
| 4/7 | 8 am | Volleyball Tournament Fitness Center Basketball Court |
| 4/7 | 1 pm-10 pm | Petalpalooza Trip Open to all. \$10* |
| 4/10 | 11 am-1 pm | Color Me Happy-Free Coloring supplies provided. Mezzanine West, Bldg. 9 |
| 4/12 | 4-6 pm | Tax Relief Social at Below Deck Appetizer buffet |
| 4/14 | 11 am-2 pm |  SPRING FLING-MWR Sports Complex Event is open to all with base access and free. Family fun-moon bounces, crafts, nature walk, prizes, petting zoo, food concessions |
| 4/17 | 11 am | Base Clean Up-Meet at rotunda of Bldg. 62-Compete in teams of 7 to win Pizza from MWR! |
| 4/18 | 9 am-2 pm | Earth Day Vendor Fair, Bldg. 62 Warrior Café and Lobby |

*Register online

www.navymwrbethesda.eventbrite.com

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| | | |
|------|-------|--------------------------------------|
| 3/31 | 4 pm | GO APE! Trip \$25* |
| 4/5 | 6 pm | Trivia Night-Liberty Center |
| 4/7 | 5 pm | Escape Room-Alexandria Trip \$25* |
| 4/10 | 6 pm | Bowling Night-Bowling Center \$5* |
| 4/12 | 6 pm | Card Game Night-Liberty Center |
| 4/14 | 10 am | Sakura Festival \$10* |

*REGISTER online:

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LIBERTY Trips include transportation
and depart from lobby of bldg. 62.



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PHOTO BY BERNARD S. LITTLE

Manny Santiago (left), trauma/acute care surgery clinical nurse specialist, conducts the Stop the Bleed training for Auburn Montgomery University nursing students at Walter Reed Bethesda during Project SERVE at the medical center March 12.

SERVE

From
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encouraged the nursing students to be attentive and patience to the unique situations of service members who have deployed and their readjustments to life following their deployments.

Sanders explained that although she was challenged, she felt it necessary to provide the same level of care to those who were hostile to U.S. troops as she did her colleagues, seeing them first and foremost as human beings, and with the understanding that if her fellow service members were injured and captured by the enemy, she would want them to receive humane treatment.

All the Auburn nursing students expressed appreciation for their time spent at WRNMMC, as well as admiration and inspiration for the wounded warriors and service members who care for them at the medical center.

Jordan White, another senior Auburn nursing student, said she was moved to become a nurse by “the thought of taking care of others.” She added she became interested in Project SERVE because her grandfather who served in the military. She’s been assisting him with Veterans Affairs in receiving care and his benefits. “He’s had illnesses and that made me interested in learning more about veterans and their challenges,” she said.

White added that what she will take away from her experiences at WRNMMC are “the determined and inspiring outlook of the amputees and the enthusiasm of the nursing staff.”

Miya Black, also a senior Auburn nursing student as well as an Air Force Reserve staff sergeant, explained she comes from “a long line of nurses. My grandmother and great grandmothers were nurses, and taking care of others is something that I’m comfortable with. It always makes me feel better to see and help others get better,” she said.

Black, who met Chief of the Army Nurse Corps Maj. Gen. Barbara Holcomb while at WRNMMC, said she was also impressed by the camaraderie of the various military branches working together to care for the nation’s heroes at the medical center. “The entire experience was amazing,” Black said.

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